

LUMISCOPE®

the Doctor's Choice

Model 1134

AccuRead

Blood Pressure Monitor & Clock

User Manual



Distributed by:

The Lumiscope Co., Inc

www.lumiscope.net

Repair Department: 1-800-672-8293

Made and Printed In China



Introduction	3
How This Monitor Works.....	4
About Blood Pressure	5
Parts Identification	6
Unit Display Symbols	7
Unit Display Explanation	8
Features.....	9
Installing the Batteries	10
Correct Measuring Posture.....	11
Applying the Cuff	12, 13
Measurement Procedures.....	14
WHO Lighted Indicator	15
Irregular Heartbeat Detection.....	16
Heartbeat Readings	17
Memory Recall	18
Average Recall.....	19
Clock Settings.....	20, 21
Maintaining & Storing Unit.....	22
Troubleshooting	23
Specifications	24
Warranty	25

Congratulations on your purchase of the new Lumiscope model 1134. This fully-automatic, blood pressure monitor is both easy-to-use and ideally suited for daily measurements. The large display includes systolic blood pressure reading, diastolic blood pressure reading and the pulse rate, all clearly shown at the completion of each reading.

You can store up to 99 measurements in each of the unit's 4 memory zones, ideal for users who want to monitor and track their blood pressure on a regular basis. The 1134 is compact and portable, making it perfect for home use and travel.

Blood pressure measurements determined with your 1134 are equivalent to those obtained by a trained observer using cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Electronic or Automated Sphygmomanometers.

Please read this manual carefully before use. For specific information on your own blood pressure, contact your physician. Please be sure to keep this manual.

Your model 1134 uses the oscillometric method to detect your blood pressure. Before the cuff starts inflating, the device will establish a baseline cuff pressure, which is equivalent to the air pressure. The measurement of your blood pressure is based on this baseline pressure. After the cuff inflates to block your blood in the artery, the deflation process starts. During the deflation of the cuff, the monitor is detecting the pressure oscillations generated by the beat-to-beat pulsatile. **Any muscle movement during this period of time will cause measurement error.** After detecting the amplitude and the slope of the pressure oscillations during the deflation process, your 1134 will determine the systolic and diastolic pressures for you; and your pulse rate is detected at the same time.

What is Blood Pressure?

Blood pressure is the pressure exerted on the artery tube while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest) blood pressure. The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

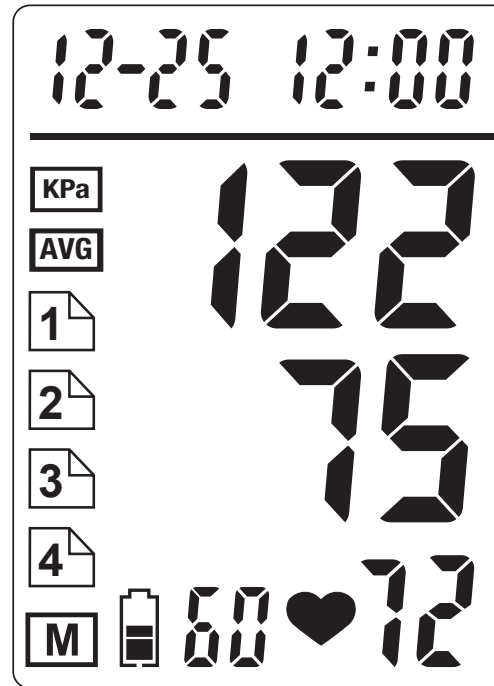
Why Measure Your Blood Pressure?

Among the various health problems afflicting people today, problems associated with high blood pressure are by far the most common. High blood pressure's dangerously strong correlation with cardiovascular disease has made measuring blood pressure a necessity for identifying those at risk.



1 Start/Power	6 Pre-formed Cuff
2 Memory Zone Select	7 Air Tube
3 Average Selection	8 USB Plug /PC Link
4 Memory Select	9 Cuff Plug Outlet
5 WHO Indicator	10 AC Adaptor Outlet

Display Symbols












Date/
Time

Systolic
Pressure





Diastolic
Pressure

Pulse
Value

Display Explanations

	User 1-4: Appears when the unit is being operated by User 1 through User 4.
	Low Battery Indicator: Appears when the batteries are low or need replacement.
	Pulse Symbol: Shows the pulse rate per minute.
	Kilopascal: Measures the amount of air pressure that is being inflated into the pre-formed cuff.
	Memory Average: Shows the average values for an hour, a day, a week, a month and all readings in the Memory Zone.
	Memory Recall: Shows the past readings. (1-99 readings available)
	Memory : Holds the memory reads for User 1 through User 4, for up to 99 readings each.
	Irregular Heartbeat Detector: Indicates when an irregular heartbeat is detected.
	WHO Light Indicator: Displays six different light signs of Blood Pressure readings against the guidelines set by the World Health Organization. (See Pg. 15)

If anyone of these error messages occur while taking your reading, please see the Troubleshooting section. (Pg 23)

	Failed to Inflate
	Deflates too fast or too slowly.
	A. Arm movement caused error in reading B. Interference signal around the BPM
	Incorrect measured result

Functional

- **One touch operation**
- **Large LCD display**
- **Irregular Heartbeat Detector:** This unit can detect a disturbance in the regular rhythm of the heartbeat, which may cause or indicate cardiovascular disease.
- **Automatically** determines the ideal air pressure for the cuff inflation.
- **4-person memory zones** with 99-readings each.
- **2 Modes:** Blood Pressure Mode & Clock Mode.
- **4 Alarm Clock settings.**
- **5-Mode Average Function:** Sets the average for up to 99 readings for each zone by hour, day, week, month and overall.
- **WHO Indicator:** Shows 6 different light signs to indicate your state of health based on the World Health Organization guidelines.
- **Auto shut-off:** Unit automatically turns off in 3 minutes; power saving.
- **Operated by 4 "AA" batteries or AC/DC adapter.**

Note: This unit also offers PC-LINK software. If you order this function, you will receive a separate package including a CD and a connection line with a USB plug. You may order this accessory at our website www.lumiscope.net.

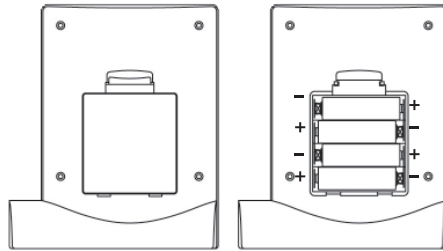
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Installing the Batteries

1. To insert the batteries

- A. Press down on the latch and lift the cover towards you to open the battery compartment.
- B. Insert 4 "AA" batteries as indicated. Make sure to match polarities (+, -) on the batteries.
- C. Replace the battery cover by inserting the two hooks at the bottom into the slot, then push on the top area.

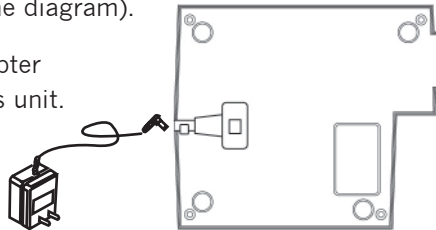
Note: Please remove batteries when not in use for an extended period of time. Do not dispose batteries with household garbage.



2. To Connect the AC/DC Adapter

- A. Plug the AC/DC adapter (6V 500mA), into the jack located at the bottom of this unit. (shown in the diagram).
- B. Use only the adapter included with this unit.

Note: Remove batteries when using the AC adapter for an extended period of time.



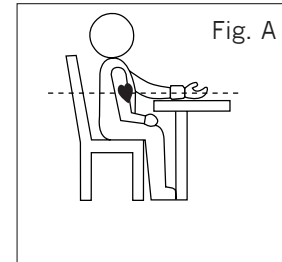
Correct Measuring Posture

11

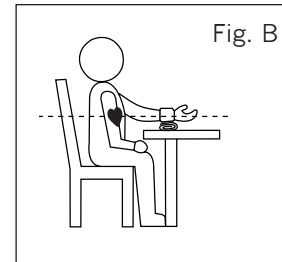
1. Place your elbow on a table so that the cuff is at the same level as your heart. (Fig. A.)

Note: The level of your heart is slightly below your armpit.

Relax your entire body, especially the area between your elbow and fingers.

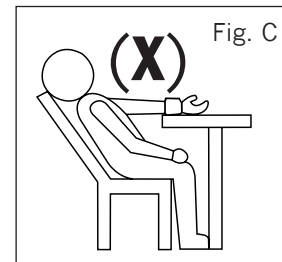


2. If the cuff is not at the same level as your heart or if you can not keep your arm completely still throughout the reading, use a soft object such as a folded towel to support your arm. (Fig. B) Do not allow hard objects to come in contact with the wrist cuff.



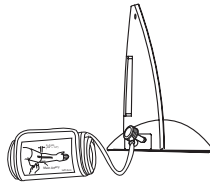
3. Turn your palm upwards.
4. Sit upright in a chair, and take 5-6 deep breaths.

Avoid leaning back or crossing your legs while the measurement is being taken. (Fig. C)

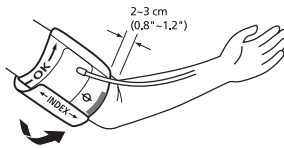


To apply the cuff

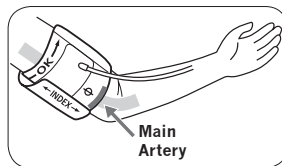
- A. Plug the end of the tubing on the cuff into the connector at the base of the monitor.



- B. Remove any clothing that restricts the upper left arm. Wrap the cuff around your upper left arm. The rubber tube should point in the direction of your hand. The bottom edge of the cuff should be 0.8" ~ 1.2" (2~3 cm) above your elbow with the tube positioned over the middle of your arm.



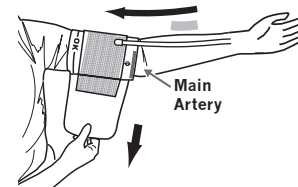
- C. Position the artery mark (Φ) over the main artery (on the inside of your arm) in the upper arm.



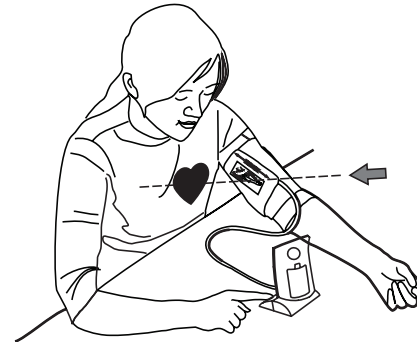
Note: To locate the main artery, press two fingers approximately 1" (2cm) above the bend of your elbow on the inside of your left arm

- D. To have a secure fit, pull the end of the cuff towards you, wrap it over, then press it for closure. **If the Index line falls within the OK range, indicated at the edge of the cuff, this cuff is suitable for your use. If the Index line falls out of the OK range, you may need a cuff with larger circumference.**

This cuff fits arm sizes 9.2" - 18.2".



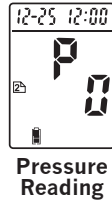
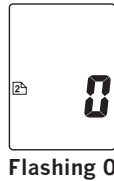
- E. Position your arm so that the cuff is aligned at heart level, as shown in the diagram.



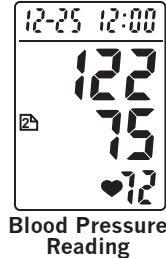
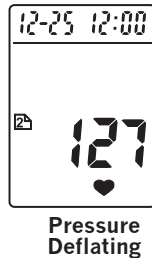
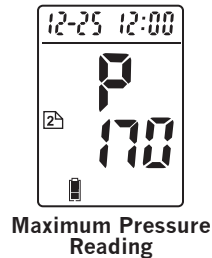
To start the measurement

Note: In order to get your correct measurement result and to avoid erroneous measurements you should be seated quietly, your arm, hand, and fingers should be still during measurement procedure.

- A. Push the **"PAGE"** button to select one of the four Memory Zones. Then push **"POWER"** twice. It will then display a **"FLASHING 0"**. After a few moments the unit will automatically inflate displaying the increasing pressure reading.



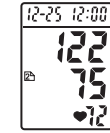
- B. After the unit reaches its desired pressure, the cuff will slowly deflate. During deflation, the unit will beep. Once the cuff has been fully deflated, your blood pressure measurement will be displayed on the LCD screen.



Showing levels of Blood Pressure Reading

Standards for assessing high blood pressure, without regard to age, have been established by the World Health Organization (WHO), as shown in the chart as below. This unit offers 6-color light signs after user's measuring. From the light sign, it will help users to find out their health situation. Different levels show the corresponding light color.

Example: If your Blood Pressure reading is 122/75, then light sign will indicate the color Blue Green which means your reading is Normal

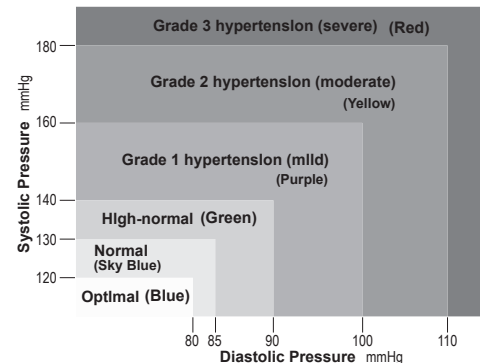


Blood Pressure Reading



Light Sign Indicator

- Optimal – Blue
- Normal – Sky Blue
- High-Normal – Green
- Grade 1 Hypertension – Purple
- Grade 2 Hypertension – Yellow
- Grade 3 Hypertension – Red

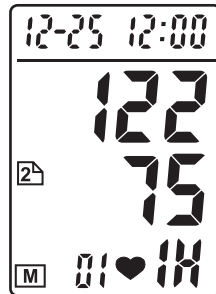
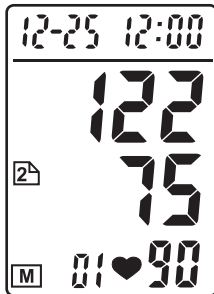


An irregular heartbeat may cause or indicate cardiovascular disease. This unit has a unique function that alerts the user to the presence of an irregular heartbeat.

Irregular Heartbeat reading

When taking your blood pressure reading, If you are experiencing an irregular heartbeat the unit will display the **Pulse Value** and **"IH"** symbols alternately.

Example: (90/IH)

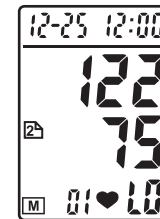


Note: It is advised that you consult your physician if the irregular heartbeat symbol "IH" appears often.

Regular Heartbeat reading but below normal

When taking your blood pressure reading, if your reading displays a value below 60 beats/sec, then the unit will display the **Pulse Value** and **"LO"** symbols alternately.

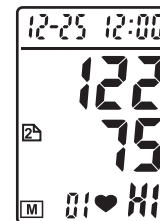
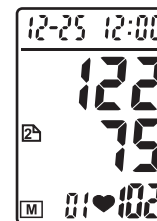
Example: (58/LO)



Regular Heartbeat reading but above normal

When taking your Blood Pressure reading, if your reading displays a value above 100 beats/sec, then the unit will display the **Pulse Value** and **"HI"** symbols alternately.

Example: (102/HI)



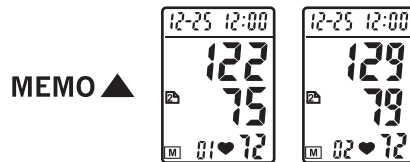
To see the previously measured values

- A. Push the **"PAGE"** button to select one of the four Memory Zones.



- B. Once one of the four Memory Zones has been selected, push the **"MEMO"** button twice. The first blood pressure reading will be displayed.

- C. To view additional readings, push the **"MEMO"** button successively to go through the various readings. (1~99)

**To delete the memory**

- A. Push the **"PAGE"** button to select one of the four Memory Zones.



- B. Once one of the four Memory Zones has been selected, hold the **"MEMO"** & **"PAGE"** button together for 5 seconds. The LCD will display **"ALL EE"** and the decreasing memory recall number simultaneously.

Note: The most recent reading is shown first. After all 99 readings are recorded, new readings replace the oldest reading in memory.

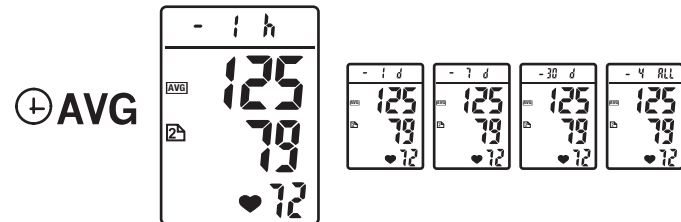
This unique monitor automatically offers a set of five average values: (Hour, Day, Week, Month and All). It offers you or your doctor an easy way to find out the variation in Systolic, Diastolic and Pulse values.

To see the average of previously measured values

- A. Push the **"PAGE"** button to select one of the four Memory Zones.



- B. Once one of the four Memory Zones have been selected. Push the **"AVG"** button twice. The average for the Hour will be displayed.



- C. To view the averages for the Day, Week, Month & All, keep pushing the **"AVG"** button.

- D. To view another Memory Zone, push the **"PAGE"** button once, then push the **"AVG"** button to view the averages.

1. To set time and date

- A. Press the "⌚" button and hold for at least 5 seconds. You can start setting the year when the "YEAR" digit blinks.
- B. Then press "▲MEMO" to increase the year and "PAGE▼" to decrease the year.
- C. After finishing "YEAR" setting, press "⌚" button again. Now you can adjust Month/Date/Hour and Minute digits as you desire.

2. How to set Alarm Clock

- A. Press "⌚" button and hold for at least 5 seconds. The "YEAR" digit blinks. At this point, adjust the Date/Time accordingly.
- B. The LCD display blinks the word "ON". You may press "⌚" and adjust desired time for the alarm by pressing the "MEMO" or "PAGE" buttons.
- C. Keep LCD display in the "ON" position, and press "⌚" button to continue second alarm setting.
- D. If you need to stop alarm setting, you may press "MEMO" or "PAGE" buttons to let the LCD display transfer to the "OFF" position. Then the Alarm setting will stop.

- E. During the setting, if there is any confusion you may simply press the "⌚" button and this unit will re-display TIMER function.
- F. This unit offers 4-Alarm setting. Each alarm will ring for 45 seconds, or you may stop the alarm by pressing the "⌚" button.

22

Maintaining & Storing Unit

- A. Use a dry, soft cloth to clean the unit. If desired, use a cloth lightly dampened with tap water.
- B. Do not use alcohol, benzene thinner or other harsh chemicals to clean the device or cuff.
- C. Before measuring, please wash your hands. Do not wash or wet the arm cuff.
- D. When storing this unit, keep it away from direct sunlight, high humidity or dust.

Note: If the unit is being stored for a long period of time, please remove the batteries before storing to avoid leaking.

Troubleshooting

23

Problem	Check Point	Solution
Nothing is displayed when the "ON/OFF" key is pressed.	Are the batteries exhausted? Have the batteries polarity been positioned correctly?	Replace the batteries with new ones. Re-insert the batteries in the correct position.
"Err P" shown on LCD	Fails to inflate	Make sure the cuff is connected to the unit properly. Check air tube. If broken, replace it.
"Err 1" shown on LCD	Deflates too fast	Return for servicing.
"Err 2" shown on LCD	Movement has occurred. Signal interference around BPM	Keep still when taking measurement. Remove interference source. example: magnets & cell phones.
"Err 3" shown on LCD	Incorrect results	Measure again

Note: If correct measurement is impossible after troubleshooting, consult store of purchase or Lumiscope repair department. **(Do not disassemble unit)**. In some rare cases, there may be error due to the physical condition of the person. In such cases, please consult your physician. If the clock doesn't show on the LCD, please adjust the clock settings.

Model	: 1134
Power source	: 4 "AA" Alkaline batteries or AC/DC adapter
Measurement method	: Oscillometric
Measurement range	: Pressure: 20~280 mmHg Pulse: 40~195 beats/minute
Accuracy	: Pressure: ± 3 mmHg Pulse: within $\pm 5\%$ of reading
Pressure sensor	: Semi-conductor
Inflation	: Pump driven
Deflation	: Automatic Pressure release valve
Auto shut-off	: 3 minutes after last key operation
Operating environment	: 50°F~104°F / 30%~85% RH max.
Storage environment	: -20°C~60°C (14°F~140°F) 10%~95% RH max.
Weight	: 344g (w/o batteries), cuff 120g
Arm circumference	: 9.2" ~18.2"
Users	: Adults
Dimensions	: 5.3" (L) x 4.8" (W) x 6"(H)
PC-Link	: Via USB plug & software. (available separately)

*Specifications are subject to change without notice.

Lumiscope guarantees this product free from defects in material and workmanship for a period of two years from the date of purchase, except as noted below:

This Lumiscope product warranty does not cover damage caused by misuse or abuse, the attachment of any unauthorized accessory, alteration to the product, or any other conditions whatsoever that are beyond the control of Lumiscope. Lumiscope shall not be responsible for any type of incidental, consequential, or special damage. All implied warranties, including, but not limited to those implied warranties of fitness and merchantability, are limited to the total duration of two years from the original date of purchase.

To obtain warranty service on your Lumiscope Blood Pressure Monitor, please contact the Lumiscope Repair Department at 1-800-672-8293 or visit www.lumiscope.net. There is a \$15 fee for return shipping and handling. Please make checks payable to The Lumiscope Co., Inc.

Upon receipt, Lumiscope will repair or replace, as appropriate, this blood pressure monitor and return it to you. Warranty is solely through the Lumiscope Repair Department. Service of this product by anyone other than the Lumiscope Repair Department voids warranty.

In the event that Lumiscope does not abide by the terms of this warranty, the consumer may seek breach of contract remedies in the New York State Federal courts of law. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.